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FOLES FOREVER?

What will Nick Foles' legacy be in Philly if he wins on Sunday? 19

The flu just got a lot more frightening: Heart attack risks increase. 17

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TALE OF TWO CITIES

In 1776, Philly and Boston were twin jewels of the colonies. As they prepare to compete in the Super Bowl 242 years later, the cities have changed but the rivalry remains. 9

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WELCOME TO METRO PHILLY

JENNIFER LOGUE, FEATURES EDITOR

Just about everyone in Philadelphia is excited for the 2018 Super Bowl — including Betsy Ross. Despite being 266 years old, the famed flag-maker showed no signs of slowing down when she enthusiastically raised an Eagles flag over her home in Old City on Monday morning. She even had an unexpected visitor from Boston and made quite the wager. Read all about it on pages 14 and 15 and at **metro.us.**

HOUSE PANEL VOTES TO RELEASE NUNES MEMO

The top Democrat on the House Intelligence Committee said the panel voted along party lines on Monday to release a memo drafted by Rep. Devin Nunes that Republicans say shows anti-Trump bias at the Justice Department. Democratic Rep. Adam Schiff told reporters the committee had also voted not to release a Democratic-drafted memo that countered the Republican report. Amid growing partisan rancor over the investigation of possible collusion between President Donald Trump's campaign and Moscow, many of Trump's fellow Republicans had been clamoring for the release of the so-called Nunes Memo. Democrats have criticized that memo as "highly misleading" talking points intended to undermine the investigation led by special counsel Robert Mueller into Trump and his associates.

PENTAGON REVIEWING USE OF FITNESS APPS

U.S. Defense Secretary Jim Mattis has ordered a review of security protocols, officials say, after fitness-tracking devices broadcast patterns of movement at military facilities around the world. Nathan Russer, a student at the Australian National University, drew attention to data when he wrote on Twitter about the images after stumbling upon GPS-tracking company Strava's Global Heatmap. "Once you look at Syria, you can see a bunch of bright spots," Russer said. His discovery prompted others to scour the heat map, turning up other possible locations of U.S. personnel who typically use high-tech fitness devices. Although many of the bases cited by Russer are known outposts for U.S. personnel, there are clear risks that such tracking devices pose, potentially disclosing not just the locations where foreign troops operate but the routes they travel.

INDIA ACCIDENT

3 Indian police rescue people after a bus accident at the Ghogra Canal in Murshidabad district, around 187 miles from Kolkata on Monday. At least 36 people were killed in eastern India's West Bengal state early on Monday after a speeding passenger bus swerved off a bridge and plunged into a river, police said.

GETTY IMAGES

BLUE SUPER MOON LEADS TO RARE LUNAR DISPLAY

4 The moon will stage a rare triple show on Wednesday when a blue super moon combines with a total lunar eclipse that will be visible from western North America to eastern Asia, astronomers say. The overlap of a blue moon — the second full moon in a calendar month — with a lunar eclipse while the moon is at its closest approach to the earth is the first such celestial trifecta since 1982, said Noah Petro, a research scientist at NASA's Goddard Space Flight Center outside Washington. "Just having these three things simultaneously occur is unusual," Petro said in a telephone interview. The total eclipse will be visible from the western United States and Canada across the Pacific Ocean to most of Australia and China, as well as northern polar regions. The eclipse will give the moon a reddish color known as a "blood moon."

FACEBOOK TO PROMOTE MORE LOCAL NEWS

5 Facebook Inc. Chief Executive Mark Zuckerberg said on Monday the social media website would focus on promoting local news in its latest update. "Starting today, we're going to show more stories from news sources in your local town or city," Zuckerberg said in a Facebook post. "If you follow a local publisher or if someone shares a local story, it may show up higher in News Feed." The update will be first rolled out in the U.S. then expanded to more countries later this year, Zuckerberg said. The company has been making a series of changes to its website, following criticism that its algorithms may have prioritized misleading news and misinformation in people's feeds, influencing the 2016 American presidential election as well as political discourse in other countries.

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Samuel Woodward, left, was arrested in connection to the homicide of Blaze Bernstein, right. ORANGE COUNTY DA'S OFFICE

UPenn undergrad Blaze Bernstein allegedly killed for kissing a neo-Nazi

SAM NEWHOUSE
sam.newhouse@metro.us

Suspect in stabbing of student had extremist ties.

New details have emerged in the case of a gay Jewish UPenn undergrad who was allegedly murdered by a high school friend and reported neo-Nazi.

Samuel Woodward, 20, of Newport Beach, California, was arrested earlier this month for the murder of Blaze Bernstein, 19, a sophomore at UPenn who went missing Jan. 2 while visiting his parents in Lake Forest, California.

The two reportedly both attended Orange County School of the Arts.

On Jan. 2 they communicated on Snapchat before Woodward allegedly picked Bernstein up, Orange County prosecutors said.

The exact time and date of the homicide has not been determined. But a court affidavit recently discovered by ProPublica indicated that Woodward told police Bernstein tried to kiss him, and referred to him using a gay slur.

Woodward is a member of Atomwaffen Division, reports suggest. The organization is a domestic neo-Nazi group that advocates the violent overthrow of the federal government. Bernstein was Jewish and openly gay.

While the specifics are not yet clear, Bernstein's body was later discovered in a shallow grave in Borrego Park. Woodward had been noted cleaning his car and allegedly revisiting Bernstein's grave, prosecutors said, which along with DNA evidence at the scene and the car led to his arrest Jan. 12.

Prosecutors have made no final determinations yet about filing hate-crime charges against Woodward.

Woodward's next hearing is scheduled for Feb. 2.

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PENNSYLVANIA

Jealous former boyfriend behind Pennsylvania car wash attack: Reports

Pennsylvania police did not dispute local media reports Monday that said the man who shot and killed four people at a car wash outside Pittsburgh on Sunday was a jealous former lover of one of the women killed.

Timothy Smith, who police say used a semiautomatic rifle and a handgun in his attack, had dated one of the victims, Chelsie Cline, the Pittsburgh Post-Gazette and other local news outlets reported, citing interviews with victims' relatives.

Smith, 28, was on life support at a nearby hospital on Monday, where he was being treated for what police said was a possible self-inflicted gunshot to the head, Pennsylvania State Police spokesman Robert Broadwater said. Earlier police reports that said Smith had died in the attack were incorrect, he said.

Broadwater did not dispute, but could not confirm, local media reports about the relationship between Smith and his alleged victims.

"We understand what the family and friends are saying, they probably know more than we do," Broadwater said. "I'm sure it will be confirmed."

Cline, 25, had recently broken off a romantic relationship with Smith, the shooter, and begun dating William Scott Porterfield, 27, Porterfield's widow, Jenna Porterfield, told the Post-Gazette.

Porterfield could not be reached for immediate comment.

The other victims included Chelsie Cline's brother, Seth, and his friend, Courtney Snyder, police said.

REUTERS

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PEDESTRIAN, BIKER DEATHS PERSIST IN PHILLY

RANDY LOBASSO

Analysis

According to statistics the Philadelphia Police Department provided to the Bicycle Coalition of Greater Philadelphia, 96 people were killed in traffic crashes in 2017, 40 of whom were pedestrians and three of whom were bicyclists.

The number of traffic deaths represents a decline from 2016, when 103 people were killed.

But the number of deaths is still way too high, and the increase in pedestrians and cyclists as a percentage of total deaths — 45 percent in 2017, compared to about one-third in most years — is alarming.

The increase in pedestrian deaths, especially as a percentage of total traffic deaths, is a nationwide trend, unfortunately.

The Governors Highway Safety Association actually found that the number of pedestrians killed in traffic increased 11 percent between 2015 and 2016, the most recent national statistics available. Those 2016 pedestrian deaths represented the highest percentage of people killed while walking since 1990.

Why is this happening? Partially because more people have been driving motor vehicles as the economy has gotten better, and partially (perhaps even more so) because people are increasingly distracted by their cell phones, surfing the net, texting their friends, scrolling through Instagram and playing Candy Crush, all while driving. A 2017 study by Cambridge Mobile Telematics, which creates driving applications for car insurance companies, found that a quarter of drivers involved in crashes were on a cell phone within a minute of their crash.

Additionally, according to the Police Department, speed is also a terrible problem amongst Philadelphia's motorists.

Studies and statistics show that, in a crash at 40 mph, a pedestrian has a 90 percent chance of dying. When hit at 20 mph, their chances of death are just 10 percent. And most traffic deaths are, in part, caused by speed.

It will take additional infrastructure to make motorists drive at the speed limit, which is especially important, considering many drivers are taking selfies while operating 3,000-pound machinery.

When 2017's numbers throughout the country are released next year, there will likely reveal a similar trend of pedestrian deaths in metropolises, like we did in 2016. According to the Bangor Daily News, in Bangor, Maine, more pedestrians were killed by vehicles in Bangor in 2017 than any year since 1994, for example.

And where's the exception? Cities that have embraced Vision Zero, which is the legislative effort to use engineering, education and enforcement practices to bring traffic deaths down to zero. In New York City, for example, pedestrian deaths hit an all-time low in 2017.

"Vision Zero is working. The lower speed limit, increased enforcement and safer street designs are all building on each other to keep New Yorkers safe," said New York City Mayor Bill de Blasio in a recent press release.

Can Philadelphia turn the tide? Sure. But it's going to involve a speeding up of Vision Zero projects in our city to make it happen. And in the meantime, last year's traffic violence data shows that the city needs to move faster toward Vision Zero.

Randy LoBasso, bike columnist for Metro Philly, is the communications manager for the Bicycle Coaltion of Greater Philadelphia.

Can Philadelphia change the rising statistics on pedestrian and biker deaths? Sure. But it's going to involve a speeding up of Vision Zero projects in our city to make it happen. GETTY IMAGES

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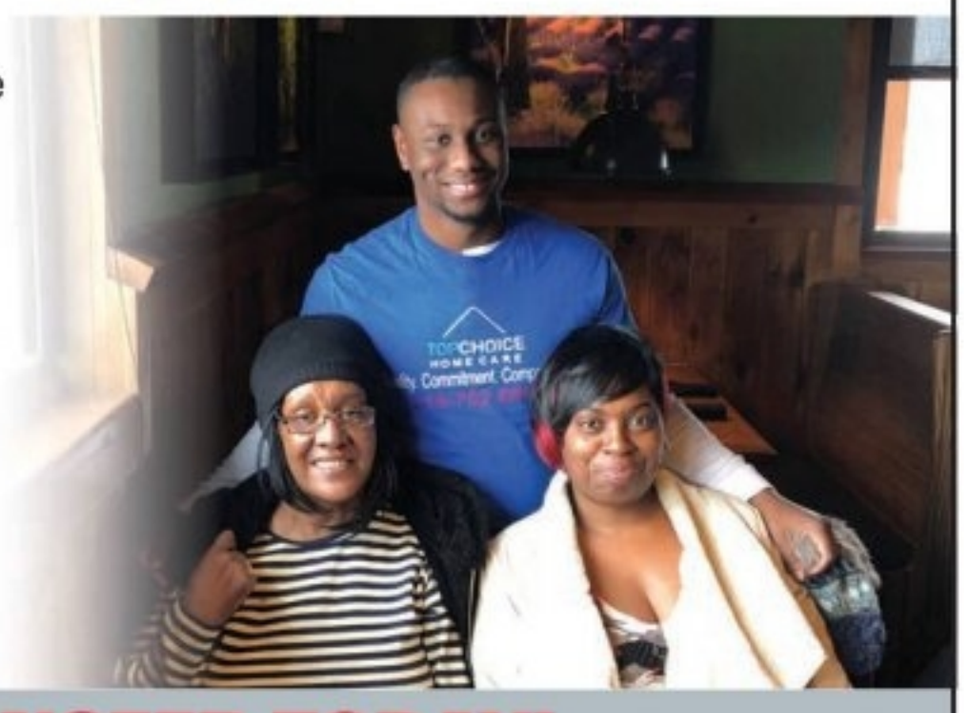

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Jefferson Health sets bone and soft tissue sarcoma treatment standard

WRITTEN BY
Amy Smith

Sunday marks World Cancer Day. Whether you're honoring a survivor or a loved one who lost the battle, it's a day to come together in the spirit of awareness.

For those who are up against rare, aggressive types of cancer, the road ahead can feel especially overwhelming. John A. Abraham, M.D., Director of the Jefferson Sarcoma and Bone Tumor Center at Sidney Kimmel Cancer Center - Jefferson Health and chief orthopedic oncologist at Rothman Institute at Jefferson, specializes in one of the rarest types of cancer around: sarcomas.

"For bone sarcomas, there are only about 3,000 to 4,000 new cases in the U.S. per year," he says. "Compare that to breast cancer, which has 250,000 new cases per year. That means for roughly every 100 people who have breast cancer, there's only one person who will be diagnosed with a bone sarcoma. If you are that one person, it can be frightening."

Sarcoma is a cancer that starts in connective tissue, which is what makes up our arms and legs: bone, cartilage, muscle, nerves, fat, and other tissues. There are hundreds of different kinds of sarcomas, but each and every one can be traced back to a connective tissue origin.

"Since these cancers are primarily found in the extremities, orthopedic surgeons are usually the ones who specialize in sarcomas," say Dr. Abraham, adding that it can also appear in the pelvis or spine, and less commonly in the chest or abdomen.

Sarcomas are not only rare, but they also happen to be particularly aggressive. This makes finding the right orthopedic oncologist even more important. According to Dr. Abraham, there are only about 200 specialists in the country who handle these tumors on a full-time basis.

"We're really only talking about a few people per state," he tells Metro. "This leads to a lot of problems because the vast majority of doctors just don't see this type of cancer that often. Over the course of an entire career, the average radiologist or pathologist may only come across one sarcoma, whether they realize it or not."

As a result, these cancers are all too often misdiagnosed or missed altogether. Additionally, since these tumors are usually found in the arms and legs, they may be mistaken for a bump related to minor trauma, such as bumping into something, which happens to everyone frequently. Abraham stresses that the majority of extremity lumps are not usually a cause for concern; benign or trauma-related lumps generally either stay the same over a long period of time, or resolve in six to eight weeks. When a mass or lump lasts beyond that time or continues to grow, then diagnostic imaging or further testing may be in order.

This is where Jefferson Health shines. Abraham is the orthopedic oncologist who spearheaded the institution's Sarcoma and Bone Tumor Center eight years ago. Since then, it has grown into one of the country's leading sarcoma treatment centers. Together with the Sidney Kimmel Cancer Center - Jefferson Health, one of only 69 NCI-designated centers in the country, Rothman Institute at Jefferson leverages its world-class orthopedic network to deliver absolutely unmatched sarcoma expertise. In addition to two specialist sarcoma surgeons, the team is made up of skilled medical and radiation oncologists and experienced radiologists and pathologists who know this type of cancer inside and out.

"We are the only center in the region that has a fully developed service with expertise in every subspecialty," says Dr. Abraham. "We offer cutting-edge surgical services and are used to dealing with some incredibly complex tumors. On top of that, we also offer expert sarcoma-specific musculoskeletal radiologists and pathologists, *and* sarcoma specific clinical trials. That's something that really sets us apart from other centers."

The clinical trial component is no small thing, because it allows a center to offer options to their patients even when standard treatments fail. Jefferson Health currently runs 10 clinical trials that enroll sarcoma patients, which makes it one of the most robust centers in the country for treatment of this rare disease, with treatment options not available elsewhere. Research shows that the overall outcome for cancer patients as a whole is generally better for those enrolled in clinical trials.

"There are some excellent cancer centers around, but when it comes to sarcoma treatment, Jefferson Sarcoma and Bone Tumor Center is really the only one that handles every facet of care for these cancers at a cutting-edge level—from surgery, chemotherapy and radiation to clinical trials and beyond," says Dr. Abraham. "Treating sarcomas is all we do."

To learn more, visit JeffersonHealth.org/SarcomaCenter

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Philadelphia vs Boston: A rivalry as old as the United States itself

SAM NEWHOUSE
sam.newhouse@metro.us

In history and most sports, Boston and Philadelphia have a long, if sometimes unspoken, rivalry. And the upcoming Super Bowl isn't helping.

At the dawn of the nation, Philadelphia and Boston were fairly similar cities.

Nerve centers of trade and of the growing movement for independence, each was an integral setting for many of the key moments of American Revolutionary history.

Two-and-a-half centuries later, the two could not be more different. But why?

The late E. Digby Baltzell, a Philly resident and University of Pennsylvania professor, traced the divergence to the religious heritage of the two cities. He contrasted Boston's Puritan founders, with Philadelphia's Quaker heritage.

"A normative culture that stresses the desirability of hierarchy, class, and authority will instill in its members a far stronger desire and capacity to take the lead in both community building and community reform than a normative culture that emphasizes equality and brotherly love, explicitly rejecting the need for hierarchy, class and authority," Baltzell wrote, adding a friend's observation. "The people in Boston all want to be chiefs, while in Philly they are all content to be Indians."

When America was in its infancy, Philly was the nation's capital. Boston was a hotbed of revolutionary thought and calls for an armed uprising, but Philadelphia was where the nation's government was actually born.

Today, Philly has a 6 percent unemployment rate; Boston's is around 3.4 percent. Median income in Boston is around $75,000; in Philly, it's estimated around $34,000, according to the 2011 Census.

Boston is a small and tidy city with relatively low crime rates, high investment in public infrastructure and a booming real estate market, and it is known for high-quality public education.

Philadelphia, with 1.5 million people, is the fifth-largest city in the nation and has a 25 percent poverty rate, the highest of any large city in the U.S.

Having never recovered from deindustrialization, decaying former industrial buildings litter the landscape. There are an estimated 20,000 vacant lots around the city's 141 square miles.

By comparison, Boston has about 670,000 people spread out over 90 square miles, and it never had the booming industry that filled up Philly neighborhoods before outsourcing itself permanently.

But whichever one is your city, both Boston and Philly occupy a permanent, irreplaceable and inimitable place in the nation's history.

Impersonators of Betsy Ross and Boston's Paul Revere boast about football. JEFF FUSCO

On the sports field

It ain't the bloodthirsty rivalry of Philly vs. Dallas, or Boston vs. New York. But the Boston vs. Philly dynamic has been very real for decades in the sports world.

From '74 to '78, the Bruins and Flyers played each other several times for the Stanley Cup.

In the '80s, the Sixers and the Celtics clashed constantly, leading to a fierce rivalry between the cities.

The last time the Patriots and Eagles met was in the 2005 Super Bowl. That day, the Patriots went home the victors, earning Pats quarterback Tom Brady his third Super Bowl ring.

In college basketball, Temple and UMass were big rivals until recent years.

And on Feb. 4, the two cities will face off yet again.

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New Pill Triggers All-Day Arousal in Men

Key ingredients stimulate the production of a molecule required to achieve firm, long lasting erections; clinical studies show users experience significant improvements in sex drive, erection quality, and performance.

Enhances Sex Drive and Triggers Erections: Vesele is a 2-in-1 doctor formulated pill that stimulates a man's brain and body, resulting in significant improvements in every area of sexual health.

By Ryan Steele
Mens Health News Syndicate

MHNS, San Diego – Although drugs like Viagra®, Cialis® and Levitra® all promise harder erections, more stamina and a better sex drive, for the vast majority of men these promises never come true.

And that's because these drugs do not stimulate a man's desire or interest in sex!

But now *Nobel Prize* winning research has inspired the creation of a new kind of pill, created just for older men.

It's called Vesele® and its formula is designed to stimulate a man's body and his brain which studies show significantly improves sex drive and erection strength.

MADE FOR THE AGING MAN

According to experts, Vesele® is not a drug. It's something completely different.

And because Vesele does not require a perscription and is not sold in stores, the makers are doing everything they can to keep up with the demand.

"Orders are coming in so fast we may have to start a waiting list." reports the head of fulfillment at Innovus Pharma Laboratories, the makers of Vesele®.

KEEPS YOU AROUSED ALL DAY

Vesele is a pill that focuses on restoring blood flow, allowing it to work on both the brain and body.

It does this by stimulating the production of a key sex molecule known to dilate the small arteries in the penis that support a strong erection.

As men age, they lose their ability to create this critical molecule and their sex life suffers. Vesele contains the active ingredient which gets men producing it again!

And unlike other sex pills, this doctor formulated formula contains a patented ingredient called Bioperine® which has been shown in clinical studies to increase absorption of this miracle molecule by as much as 1544%.

This means your brain and your body receive more of this crucial sex compound resulting in harder, firmer, longer lasting erections.

STIMULATES DESIRE

Vesele® uses the same science found in drugs like Viagra® but then amplifies it four-fold.

And since it's natural there are no unwanted side effects, only a stronger desire, more passion and a renewed interest in sex as well as rock hard erections that last.

THE SCIENCE BEHIND VESELE®

According to the *Journal of Vascular Research* changes in blood flow to and from the penis are thought to be the most frequent cause of male erectile dysfunction.

Vesele® combines two clinical strength, pharmaceutical grade circulation boosters into one easy to use pill. Research shows that they work by increasing the production of a key molecule in the male body, which triggers blood flow to the penis.

Studies on Vesele show that it can increase levels of this molecule by a staggering 95%, which is why so many users report stunning improvements in the quality of their erections.

Pills like Viagra® work in a similar way, but only focus on blood flow to the penis and not the brain, which is why man men never feel an improvement in sex drive like they do with Vesele.

IMPRESSIVE CLINICAL TRIALS

In a recent clinical study men between the ages of 45 to 65 were asked to take the main ingredient in Vesele® once a day. They were then instructed not to change the way they eat or exercise.

The results were truly amazing. Virtually every single man who took Vesele® reported a huge difference in their desire for sex. They were like teenagers again. They also reported experiencing harder erections that lasted for almost 20 minutes. The placebo group experienced no change.

In a separate double-blind study reported in The Journal of International Impotence Research, participants were given nutrients like those found in Vesele® and asked to record their sexual function/dysfunction in diaries. After just one month erectile function was restored to normal, and intercourse frequency doubled.

OVERWHELMING DEMAND

Because of the amazing results users are achieving and the fact that Vesele® doesn't require a prescription – men are reaching for it first before trying other more costly or dangerous alternatives.

"When the results came in, we knew we had something every aging man would want and need, said Dr. Damaj. Our phones ring non-stop daily with order requests, It's been really crazy. We know how important it is so we're doing everything in our power to meet the overwhelming demand for Vesele®."

VESELE® 2 PILLS IN 1

According to experts it takes more than just getting an erection to enjoy sex. That's because arousal and desire are key elements to the joy of sex. That's where drugs like Viagra® and Cialis® miss the boat. By stimulating just an erection without the passion or intensity the experience will be less enjoyable for you and your partner.

"As an expert in the development of sexual dysfunction, I've studied the effectiveness of Nitric Oxide on the body and the brain and I'm impressed by the way it increases desire as it increases penile blood flow. The result is evident in the creation of Vesele®", said Dr. Damaj.

HOW TO GET VESELE®

This is the first time we offered Vesele® to the public since its news release. In an effort to get Vesele® in the hands of as many men as possible, Innovus Pharma is offering one time discounts for first time buyers. A special hotline has been set up for readers in your area to take advantage of this limited offer. The Special TOLL-FREE Hotline number is 1-800-306-4036 and will be open 24-hours a day. If you miss out on our current product inventory you will have to wait until more becomes available, which could take 6 weeks or more. We advise you to call 1-800-306-4036 now.

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FBI Deputy Director Andrew McCabe steps down amid criticism: Source

Republicans have criticized him in connection with the investigation into Clinton's use of a private email server.

FBI Deputy Director Andrew McCabe, criticized by President Donald Trump for alleged bias against him and in favor of his 2016 Democratic opponent Hillary Clinton, has stepped down as the agency's No. 2 official, a source familiar with the matter said Monday.

McCabe had been expected to leave the Federal Bureau of Investigation in March. He will remain on leave with the agency until his retirement date, the source said, speaking on condition of anonymity because a public announcement has not yet been made.

Asked about McCabe's departure, White House spokeswoman Sarah Sanders told reporters, "I can tell you the president wasn't part of this decision-making process." Sanders also said Trump continues to have "full confidence" in the FBI director, Christopher Wray.

McCabe served as acting FBI chief last year after Trump in May fired James Comey, whose agency was conducting an investigation into potential collusion between Trump's 2016 presidential campaign and Russia.

The Republican president later said he dismissed Comey over "this Russia thing," and the firing has become central to questions about whether Trump has sought to obstruct justice by impeding the Russian probe that Special Counsel Robert Mueller took over after Comey's ouster. Trump named Wray as FBI director to replace Comey.

An FBI spokeswoman declined to comment on McCabe.

McCabe's departure comes as Trump and some other Republicans have been stepping up their criticism of the FBI in a move that Democrats call part of a broader effort by Trump's party to undermine Mueller's investigation.

Republicans have noted that McCabe's wife previously ran for a seat in Virginia's state Senate and received donations from then-Virginia Gov. Terry McAuliffe, a close ally of Hillary and Bill Clinton, the former president.

Trump has taken to Twitter to blast McCabe, asking how he could be in charge of the Clinton probe when his wife got donations from "Clinton Puppets."

Trump in December referred to the FBI's reputation as being in "tatters," and has also publicly criticized U.S. Attorney General Jeff Sessions for recusing himself from the Russia probe, a move that paved the way for Deputy Attorney General Rod Rosenstein to appoint Mueller after Comey's firing.

A handful of Republican-led congressional committees have launched inquiries into whether the FBI botched the Clinton investigation and showed bias in her favor. In December, McCabe was grilled behind closed doors by lawmakers on several of those panels for hours.

Democrats have said those inquires are intended to undermine and distract from Mueller's investigation.

The Justice Department's inspector general is still conducting his own review into the FBI's handling of the Clinton investigation. McCabe's role is among those under scrutiny.

The inspector general is also looking into whether Comey made improper decisions, including his decision to announce the FBI would not recommend charges and his subsequent decision to publicly announce he was reopening the investigation just 11 days before the 2016 election, after new emails were discovered.

McCabe began his FBI career as a special agent in 1996, where he was assigned to the New York Field Office to investigate and supervise organized crime. REUTERS

President Trump has taken to Twitter to blast outgoing FBI Deputy Director Andrew McCabe, pictured above in 2017. GETTY IMAGES

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Alec Baldwin said something bad

Say what you will about Alec Baldwin, but he sure doesn't know when to shut his damn trap.

His latest offense? Comparing Dylan Farrow to a fictional character who lied about her rape in "To Kill a Mockingbird," a novel that was released in 1960. Classy!

The 59-year-old took to Twitter to defend Woody Allen again, writing, "1 of the most effective things Dylan Farrow has in her arsenal is the 'persistence of emotion. Like Mayella in TKAM, her tears/exhortations r meant 2 shame u in2 belief in her story. But I need more than that before I destroy some1, regardless of their fame."

As Vulture points out, Baldwin essentially tried to make a point about how Dylan Farrow wasn't sexually abused by her father by comparing her to a literary character who was sexually abused by her father.

As always, Baldwin doth protest too much. Either that, or details are just far too inconvenient for him.

Yet again.

Kate Winslet's "bitter regrets"

Why, yes: This is another Woody Allen story. This time, we're talking about Kate Winslet. Please: Sit by the fire, whiskey in hand, and join me for a of dark, depressive tale.

When asked about her history of working with Allen, Winslet has famously said things like, "It's just a difficult discussion" and "I think on some level Woody [Allen] is a woman." Now, she's changing her tune in the most noncommittal way possible.

Too little, too late, Kate.

The "Wonder Wheel" actress spoke out about working with abusers in the past, without naming names, at the London Critics Circle Film Awards this weekend.

"I wouldn't be able to stand here this evening and keep to myself some bitter regrets that I have at poor decisions to work with individuals with whom I wish I had not," she said in part.

I don't know, Kate. At this point, it might be better to just lump yourself in with the Alec Baldwins and keep it moving. You can keep your regrets, babe.

Chrissy Teigen's baby boy

Chrissy Teigen is having a boy!

The 32-year-old confirmed via Instagram that she and husband John Legend are expecting a boy with a cute lil' caption: "Mama and her baby boy."

The couple conceived through in vitro fertilization, which they also did for their daughter 21-month-old daughter, Luna. "We did the harvesting — as they call it — again, where they make the embryos," she told People.

Teigen has also hinted to having a boy in the past: Last year she took to Twitter, saying, "Since this is coming up again, I said our next baby would be a boy because that is the embryo we have left. A boy. So. Yeah."

Awwwww!
ALL PHOTOS GETTY IMAGES

Fun! Congratulations to our forever faves and what will be an adorable and hopefully not completely ridiculously named lil' babe.

It pays to be Meryl Streep

Meryl Streep would like to cash in on the luxury of being, well, herself.

"The Post" actress has reportedly filed a trademark to protect her name, as one does. TMZ reports that the 68-year-old actress filed an application with the U.S. Trademark Office, asking for a monopoly on the use of her name as far as entertainment services, i.e. "live, televised, and movie appearances by a professional actress and entertainer."

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The application also covers public-speaking engagements, autograph signings and websites related to motion pictures.

Baby girl is getting them coins!

The copyright will essentially act as legal protection so that nobody can use her name to sell anything entertainment-related.

Not sure what it's like to be rich or famous — or important enough to copyright my own name — so can't tell if this is cool or bonkers. But congrats, maybe?

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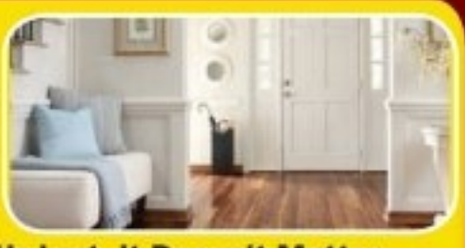
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A beginner's guide to getting

Chatting with actor J. Quinton Johnson about his new role in the pop culture phenomenon.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Johnson plays Hercules Mulligan and James Madison in the hit show. ALL PHOTOS GETTY IMAGES

It usually takes years of toil and sweat to land a role in the biggest Broadway show in New York, especially when that show is a pop-culture phenomenon like "Hamilton."

But J. Quinton Johnson is a self-professed die-hard fan of Lin-Manuel Miranda's musical. So when he saw an opportunity to land a role in "Hamilton," he took it.

This chance was presented to Johnson when he was working on the 2017 remake of "Dirty Dancing" alongside Andy Blankenbuehler, the Tony Award-winning choreographer on Miranda's "In The Heights" and "Hamilton."

"It was incredible working with Andy, and to be close to the thing that I have admired since watching 'In The Heights,'" he says. "'Hamilton' was the first Broadway show that I ever saw."

During production on "Dirty Dancing," Johnson quickly decided that he was going to show Blankenbuehler exactly how much he adored "Hamilton" by giving him an impromptu audi-

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cast in 'Hamilton'

ing to finish that shoot without telling him how much his work has meant to me over the years. One night, Andy was walking down the stairs and I was just playing around on the piano."

He continues, "He was walking down, and in my head I was like, 'Do I do it?' Because I know the songs so well. And then I was like, 'Let's go for it.' So I started. I thought I would stop after like 8 bars. But then he was into it as I was rapping it. So I was like, 'I am all in now. I have to finish it.' So I did."

Clearly Blankenbuehler was impressed — on Jan. 6, 2017, J. Quinton Johnson made his Broadway debut in the dual role of Hercules Mulligan and James Madison in "Hamilton" at the Richard Rodgers Theatre.

But while Johnson is clearly reveling in his role in the Broadway smash, the actor is looking to the future. Unsurprisingly, he says he's inspired by Miranda's success.

"I want to write musicals," he says. "I like where film and musicals meet. ... I mean, to have written 'Hamilton' and have it to coincide alongside something like 'Moana?' I would love to compose for a Disney film like that."

Considering how Johnson managed to land his role in "Hamilton," only a fool would bet against the actor reaching the heights he has set.

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"I was so close, so there was no way I was go-

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Betsy Ross declares herself a loyalist to the Eagles

The 266-year-old put up an Eagles flag Monday morning at her home.

JENNIFER LOGUE
jennifer.logue@metro.us

The Betsy Ross House was the place to be Monday morning if you're an Eagles fan. Famed stars-and-stripes fan Betsy Ross decided to put up an Eagles flag in honor of the home team for the week leading up to the Super Bowl.

"I think the Eagles are the best birds that there ever are and I'm certainly a fan of anyone who puts so much effort into winning," Ross says. "I believe it is their ability to work together as a team that will make them win the Super Bowl. I also think a strong leader is important."

Despite being nearly 266 years old, Ross hasn't lost a bit of spunk and is extra fired up with the Eagles going to the Super Bowl, proudly wearing her Eagles green and likening the Patriots to Boston cream puffs.

While she was busy hoisting up the Eagles flag, she received a surprise visit from Bostonian, Paul Revere, who proclaimed he was rooting for the New England Patriots.

The pair decided then and there to make a wager based on the outcome of the 2018 Super Bowl. If the Eagles win, Old North Church in Boston would have to hang a 13-point flag in their honor. If the Patriots win, Betsy Ross will hang up the pair of lanterns referencing Paul Revere's ride ("one if by land, two if by sea") at her home.

Ross is fully confident that the Eagles will win, however.

"I'm positive that the

Betsy Ross was busy prepping the Eagles flag in her workshop on Monday. ALL PHOTOS JEFF FUSCO FOR VISIT PHILADELPHIA

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The famed flag maker proudly wears Eagles green as she prepares to raise the flag.

Eagles are going to beat the Patriots," she says. "We are a city of winners in Philadelphia and the poor Patriots — it's time for them to surrender."

In addition to all this fanfare, Amy Needle, President and CEO of Historic Philadelphia, reveals some special discounts for Eagles "loyalists" to the Betsy Ross House through Sunday, Feb. 4.

"All visitors to the Betsy Ross House wearing Eagles gear will receive $1 off admission and 20% off a gift shop item," she says.

Sounds like a win-win for Eagles fans.

Go birds!

If you go

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Ross and Revere make a wager on the outcome of the Super Bowl.

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5 Things to know about Snap Kitchen's meal plan service

It's kind of like having your own personal chef.

JENNIFER LOGUE
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Everyone is busy these days, and eating well on the go can be a struggle. If you're in Philadelphia, however, Snap Kitchen has a bunch of locations around town where you can quickly grab healthy dishes that don't make you feel like you're sacrificing your happiness.

While I often go to Snap Kitchen for a quick and nutritious lunch or dinner, I still make time to prepare other meals at home. But what would happen if Snap did all of my cooking for me? For every meal of the day? What would that be like?

Well, for three days I tried out its new meal plan and here's what I learned:

1. There are five meal plan styles available.

Depending on your dietary needs, you can choose from Whole30, paleo, low carb, high protein or balance as your meal plan style. Within each category, you can select from among three daily calorie goals: 1,200, 1,500 and 1,800. Because I work out a lot and don't care about dieting whatsoever, I went for the balance plan with the 1800 daily calorie intake.

You'll never be bored with Snap Kitchen's array of healthy yet yummy eats. PROVIDED

The chicken butternut macaroni feels naughty but it's loaded with nutrients.

2. You get three meals and two snacks per day.

If you're looking to get into a better eating routine, this is a great way to do it. I'm sure we've all had a few occasions where we've worked through lunch or ended up grabbing a bag of candy from a vending machine due to being on a time crunch at the office. When you have your meals and snacks all prepared for you, it doesn't matter if you're short on time because you already have the healthy stuff in the fridge. Of course, if choosing where to go to lunch is an exciting part of your work day, this might take the joy out of it a little bit and eliminate the social aspect of going out to lunch with colleagues.

3. Delivery is free.

If you're so busy that you don't have time to pick up your food, you can get it delivered free. If you live or work in a building where getting things delivered is a chore in itself, you can drop into your closest Snap Kitchen location and grab your food on your own.

4. You can either microwave or bake items that require heating.

While I'm sure everything tastes better baked in an oven, if you're at the office, chances are the oven won't be available. Fortunately, all of the dishes I tried were still delicious microwaved. A few favorites were the AB & J oatmeal bowl, the chicken butternut macaroni, naked chicken and surprisingly, the almond crusted chicken nuggets. The whole experience was like having my own personal chef for a few days.

5. Prices aren't awful, but it's still definitely an investment for the average person.

Meal plans start at $28.99 a day and go up to $38.99 a day depending on your calorie allotment, and if you're the type of person who eats constantly eats out during the work week, it's a pretty good deal. (Just think about what your daily expenditure really looks like when you're running out for lunch, dinner and a snack break or two during the work day.)

With this meal plan, you are saving a lot of time. Overall, I think the meal plan is a great value for a person who doesn't have any time to cook but wants to eat healthier. However, I do enjoy cooking, so while I go to Snap Kitchen on extra-busy days, I don't think the regular meal plan is for me. I also eat chocolate daily and it killed me that I didn't have anything chocolate as a snack while trying this. Finally, I wish there were more raw foods included in the balance plan in particular. I eat a lot of raw fruits and veggies, and not having enough of those made me feel a little "off-balance."

For more information on the Snap Kitchen meal plan, visit: snapkitchen.com.

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Flu can increase heart attack risk

A study finds that patients are six times more likely to suffer cardiac arrest within seven days of being diagnosed with influenza.

KATE MOONEY
kate.mooney@metro.us

If you have the flu, don't brush off symptoms of a heart attack. ISTOCK

The latest frightening news about the flu is here: According to a study, being stricken with the virus can increase the risk of heart attack.

The study, published in the New England Journal of Medicine, finds that patients are six times more likely to suffer cardiac arrest within seven days of coming down with the flu.

"I was a little bit surprised by the strength of the association. It's not every day you see a six-fold increase in the risk during the first seven days of lab-confirmed influenza," chief author Dr. Jeffrey Kwong, told Reuters Health. "We were also surprised the risk dropped off to nothing by day eight and beyond."

Kwong and his team looked at 364 hospitalizations for heart attacks occurring within one year before and after flu diagnosis. From this sample, 20 patients a week were admitted to the hospital for cardiac arrest within seven days of coming down with the flu, compared to 3.3 per week during the 52 weeks before or 51 weeks after that window.

The risk was higher for subjects over 65 years old. Of the 332 people in the study who suffered heart attacks within seven days of getting the flu, 69% hadn't received a flu shot.

Why might the virus increase the likelihood of heart attack?

Kwong explained that flu "is a stressor to the system" and increases inflammation.

"When you get an infection, your heart is beating faster," he said. "It can activate platelets, increasing the chance that blood clots will form in the arteries that serve the heart. All of these can increase the chance of having a heart attack."

Kwong's advice: Wash your hands often, get a flu shot and stay away from people who are infected with the virus. As we learned last week, the flu is even transmitted through breath, so you can never take too many precautions. And if you have the flu, don't brush off symptoms, such as tightness or pain in the chest and shortness of breath, that could signal a heart attack.

Smoking only one cigarette a day is worse than you think

If you're an occasional, social smoker, you might consider knocking the habit for good — it's not the harmless pastime you think. When it comes to your heart health, it's not how much, or often you smoke, but the fact you smoke at all.

New research published in the BMJ finds that lighting up as seldom as once a day carries with it a much higher risk of heart disease and stroke than previously believed.

Via a systematic review of 141 cohort studies going back to 1946, British researchers set out to determine the different heart-health risks associated with smoking one, five or 20 cigarettes (one pack) a day. Going into the analysis, they assumed the risks would be proportional, expecting one cigarette a day to carry about a 5% risk compared to a pack.

But the numbers proved much higher.

Men who smoked one cigarette a day had a 46% relative risk of developing heart disease, and 41% risk of having a stroke, compared to those who smoked 20 cigarettes a day; for women, the relative risks were 31% and 34%, respectively.

Attention casual smokers: You're still killing yourself. ISTOCK

"No safe level of smoking exists for cardiovascular disease," concluded the team, led by Allan Hackshaw of the UCL Cancer Institute. "Smokers should quit instead of cutting down, using appropriate cessation aids if needed, to significantly reduce their risk."

This news comes on the heels of a new report on vaping released by the National Academies of Sciences, Engineering and Medicine. The panel hesitated to declare e-cigarettes a safe alternative to cigarette smoking, recommending more research on the long-term health effects.

KATE MOONEY

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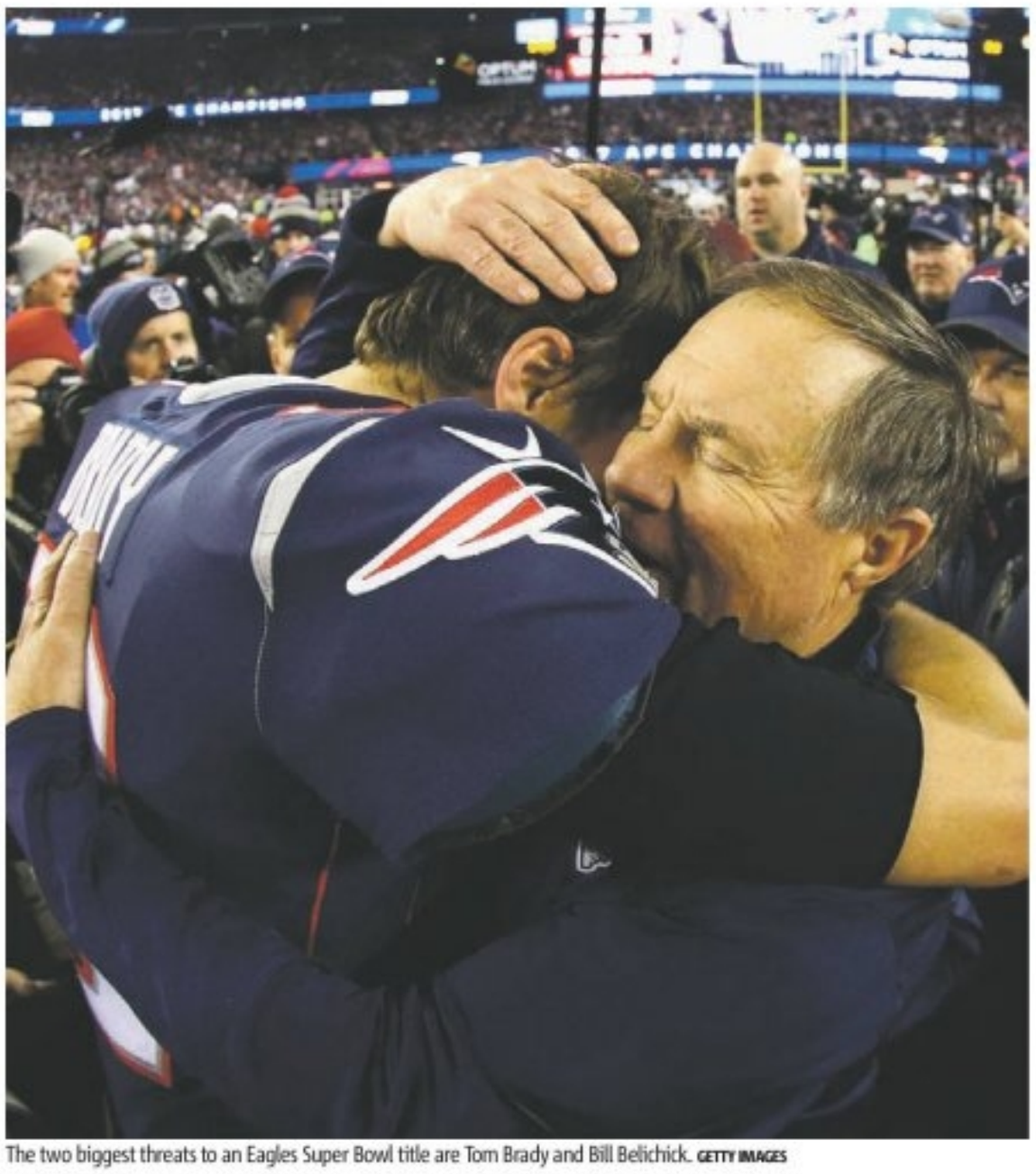

The two biggest threats to an Eagles Super Bowl title are Tom Brady and Bill Belichick. GETTY IMAGES

SHRED PATRIOTS' MYSTIQUE AND EAGLES WIN SUPER BOWL LII

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

The Eagles have a sturdier defense than the Patriots. They have the superior running game. Their front four, led by Fletcher Cox, should be able to crash New England's offensive line Sunday and punch Tom Brady in the mouth.

The Eagles should win Super Bowl LII. Unless ... unless they run onto U.S. Bank Stadium Sunday afternoon and are overwhelmed by the mystique of the Patriots.

That's it. That's the pitfall. If Doug Pederson's team can avoid getting google-eyed when the Evil Empire emerges from the mist on Sunday, the Good Guys will be flying home with the Lombardi Trophy.

Hey, I'm not minimizing the NFL's greatest dynasty. Brady and Cheatin' Bill Belichick have combined for five titles since 2001 – included the one that Andy Reid and Donovan McNabb upchucked 13 seasons ago.

Brady is the greatest player in football history. Belichick, despite being a walking case of dyspepsia, is up there with Lombardi, Walsh and Noll on the coaches' Mt. Rushmore.

The Patriots have 41 players who've been on this stage before. The Eagles have eight, none of whom, of course, have done it in midnight green.

But more so these days, half of the Pats greatness seems just in showing up. Jacksonville clearly was intimidated by the aura in the AFC Championship, and went into a preventive shell while still in the first half. The Falcons, even up 28 in last year's Super Bowl, heard that train coming and dissolved into warm spittle in the second half.

That's New England's psychological edge, and it's real. As Ray Didinger pointed out to me, most of the Eagles players started watching Brady and Belichick win Super Bowls since junior high. Now they've got to slay the legends whose posters may have once adorned their bedroom walls.

"If we make this all about them, we're in trouble," Eagles coach Doug Pederson said last week. While acknowledging the Patriots' aura as "a real issue," Pederson has told his team to look at the guys in blue, red and silver "as a faceless opponent."

"It's about what we do and how well we execute," he said.

That sounds great in theory. But can the Eagles really look at No. 12 in the Pats uniform think of Matt Cavanaugh, the guy who wore that jersey before Brady was beamed in from space?

Even though Pederson has 256 fewer NFL coaching wins that Hoodie, I like the Eagles chances. If nothing else, Pederson has shown during his two-year tenure that he coaches without fear. Fourth-and-3? Let's go for it. An aggressive deep-ball offense with a backup QB? Sure, why not?

New England may still have Brady, and Gronk and ... well, their only two other Pro Bowlers this year are a fullback and a special teams gunner. Their defense was 29th in yards allowed this season.

The Eagles are New England's equal, and actually more talented at most positions. If they can play Sunday's game without the glare of past Patriot greatness blinding their vision, they can topple the dynasty and end the 57-season drought.

5

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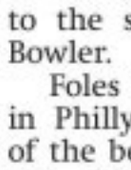
Will Eagles' Foles become a Philly sports legend?

The Eagles' back up quarterback is on the cusp of being considered an all-time Philly great.



EVAN MACY
evan.macy@metro.us

In a city with statues for a fictional boxer (Rocky), an anonymous punter and even a national anthem singer (Kate Smith), it is obvious there is space for some winners.

And in a city with zero Super Bowl titles in 52 years, it goes without saying that there is room at the sports complex in South Philly for an Eagles championship statue.

It stands to logic that whomever quarterbacks the Eagles to a Super Bowl could be immortalized in bronze and steel. And if the Eagles beat the Patriots Sunday, that means Nick Foles.

In the shadow of Carson Wentz — clearly the future of the franchise win or lose in Minnesota this weekend — Foles came to the Eagles to start his second stint as a mentor and back up to the second-year Pro Bowler.

Foles had his chance in Philly, and had one of the better seasons in NFL history throwing 27 touchdowns and just two interceptions before he was traded for Sam Bradford over a season later. After struggling in St. Louis Foles famously mulled retirement before returning to back up the Chiefs and later the Eagles.

Foles played in parts of four regular season games this season after Wentz went down — playing awfully against the Raiders and Cowboys — before barely holding his own against the Falcons in the divisional game. And then, he threw for 352 yard and three touchdowns in an NFC title dismantling of the Vikings and their top-ranked defense.

"I just told him I was so proud of him and the way he played tonight," head coach Doug Pederson said after the win last week, "and the way he's played the last couple weeks, the last month, and couldn't be happier for him. I just told him how proud I am of him and I loved him."

Foles has already become a Philadelphia legend. If he wins, he'll immediately be placed in Philly lore alongside Julius Erving and Chase Utley, and ahead of Ron Jaworski.

"It's right there. We have a chance to be legendary," Brent Celek, tight end and the longest tenured Eagles' player said last week. "We'll be legends. I don't know how else to say it. This city will love us."

In technicality, nine back up quarterbacks have won Super Bowl titles.

Foles' case is unique, as he is unlikely to be starting for the Eagles next season. So what will his legacy be?

Foles is under contract for one season after this one, and could be important early in the season as Wentz rehabs and returns from torn ACL and LCL injuries. But Foles — if he does become the first Eagles' quarterback ever to win a Super Bowl, will be valuable and if Wentz is healthy, may fetch a high price in the trade market mid-season in 2018.

"Nick is a great player who has proven himself in this league," Eagles receiver Nelson Agholor said. "He's a Pro Bowler. Nick has done his job and one thing about it is that we have a great coaching staff and great players around Nick and we have a great player in Nick who's going to go out there, grind and prepare to finish the job."

"He's been unwavering through the ups and through the downs. That's what's been encouraging. He never wavered or lost doubt or confidence. So I think what you learn is we got the guy we wanted to get and glad he's on our team."

Eagles offensive coordinator Frank Reich, on Nick Foles

Backup QBs to win Super Bowls

Five of them became legends:

- Tom Brady (Patriots)
- Roger Staubach (Cowboys)
- Terry Bradshaw (Steelers)
- Kurt Warner (Rams)
- Jim Plunkett (Raiders)

Four of them wound up as one-hit wonders in the NFL:

- Earl Morrall (Dolphins)
- Doug Williams (Redskins)
- Jeff Hostetler (Giants)
- Trent Dilfer (Ravens)

Nick Foles has a weird career behind him, but none of that matters if he brings home glory Sunday. GETTY IMAGES

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Temple will need an incredible run down the stretch if they hope to make it to the NCAA tournament. GETTY IMAGES

Inconsistent Temple hoops squad won't go away, stays above .500

Just when you were ready to write off the Owls, they sock it to UConn.

JEFF MCMENAMIN
sports@metro.us

For one night, the Temple Owls proved that their early-season success was not a fluke.

The Owls (11-10, 3-6) cruised to an 85-57 win, dismantling the UConn Huskies (11-10, 4-4) for their largest win of the season.

They'll know how good they really are on Thursday night against No. 17 Wichita State (17-4, 7-2).

"Playing a good game like this, it kind of gives us momentum, going into [the Wichita State] game, which we need," Temple senior Obi Enechionyia said. "Especially coming off a loss like at Cincinnati, this game was huge for us. We're going to look to build on that momentum and go into that game with the same mindset we did today."

Despite having the country's top strength of schedule and an RPI of 46, the Owls' inconsistent play this season has taken them out of the March Madness bubble conversation all together.

Their struggle this season has been on offense.

They're averaging just 67.5 points per game as a team, which ranks 311th in the country.

Their top two offensive threats, sophomore Quinton Rose (14.2 PPG) and junior Shizz Alston Jr. (13.1 PPG), have been mightily inconsistent in the past month of the season. Rose had five games where he scored 14 or more points and five games where he scored nine or less. Alston had six games where he scored 12 or more points and four games where he scored five or less.

Their inconsistencies couldn't be any clearer as a team than scoring 42 points on the road against Cincinnati this past Wednesday, to more than doubling that total just four nights later with 85 points at home on Sunday.

"We just kept at it, kept the pressure up, didn't let down," Enechionyia said, who had nine points and 10 rebounds Sunday. "We've had opportunities to have games like this, this season as well as a lot of games since I've been at Temple, but we just took our foot off the pedal, and tonight we didn't. If we just keep the pressure, we can have more games like this."

The Owls cannot afford any bad losses the rest of the season. If they can win eight of their next nine games and split their home and away series with the Shockers, they'll have a strong case with the selection committee as an at-large bid, but anything outside of that would likely leave the Owls out of the conversation.

Thursday night's game against the Shockers will air at 7 p.m. on ESPN2.

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17 Shortly
18 Mindful
19 Low-fat spread
20 Grammar class
22 Frosty, for one
24 Mind reader's gift
25 -- with (took action)
26 Target (hyph.)
30 Clock fronts
34 Greek letter
35 Maiden-name indicator
36 Leno or Letterman
37 Least rigid
40 Daunt
42 Barracuda habitat
43 Previous to
44 Startled cry
45 Dependents
46 Really dislikes
49 Waterfowl
52 Beret
53 Shipwreck, maybe
56 Pack animals
60 Jai --
61 Maurice's thanks
64 Asian desert
65 Horse controller
66 Yummy pie
67 Corsica neighbor
68 Freighter hazard
69 Jargon
70 Coal deposit

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2 Queue
3 Nefertiti's god
4 "Messiah" composer
5 Whets
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13 Light in a tube
21 19th letter
23 Of yore
25 Joey or Kiki
26 Further down
27 City near Syracuse
28 Weaker, as an excuse
29 So far
31 Range sizes
32 Quay
33 Tries to locate
38 Spanking
39 Come later
40 "Where Eagles Dare" actress
41 Robin's offspring
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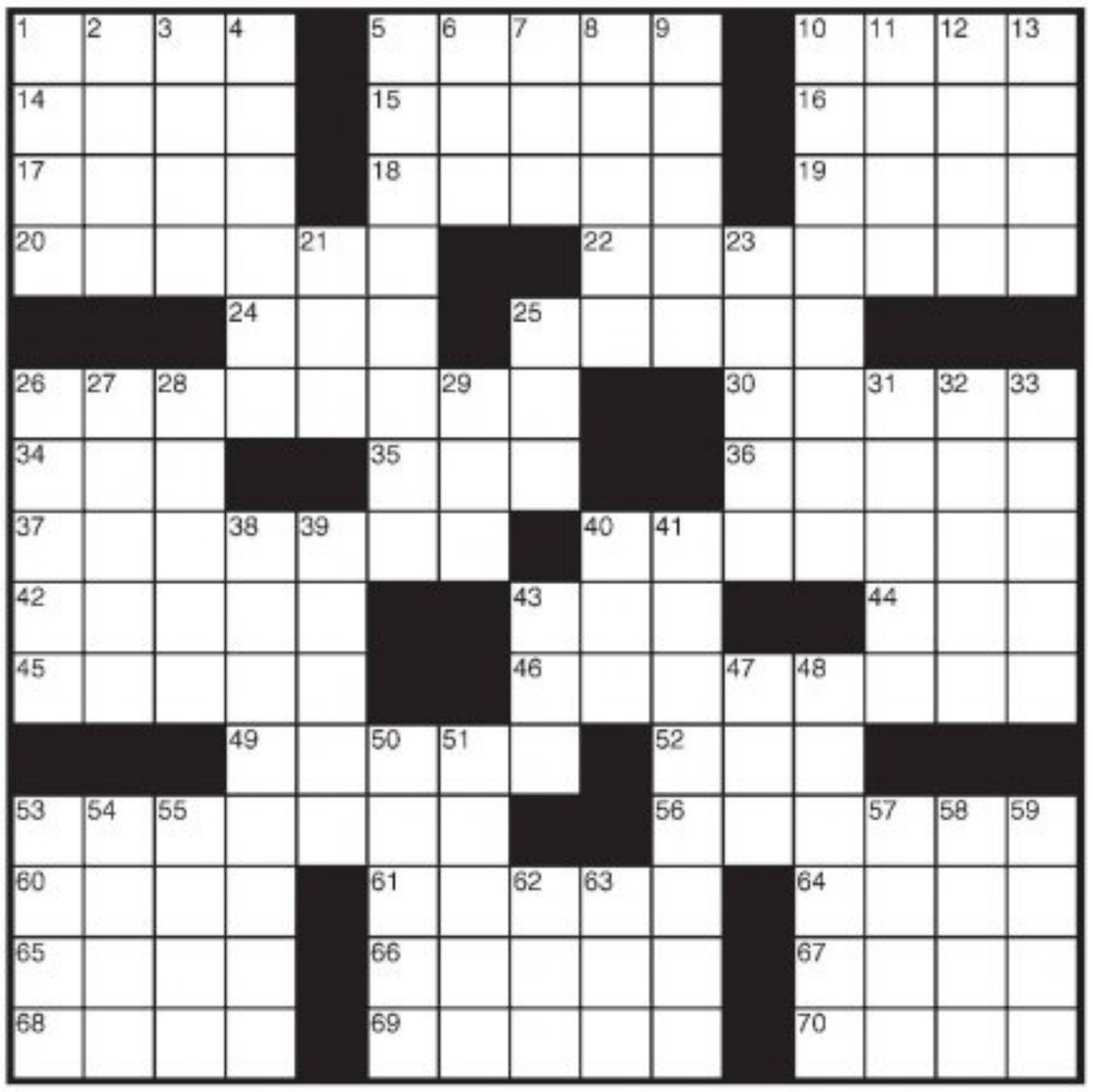

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hard

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metro.us/horoscopes

Aries Channel your energy wisely. Don't take on responsibilities that don't belong to you. Being taken advantage of will only lead to resentment. Consider your options carefully.

Taurus Don't jump just because someone else does. Think and do things that further your own interests. Protect your home, family, position and reputation.

Gemini You'll be tempted to take a last-minute trip or make a hasty decision that could affect your prospects. Stop and think. Uncertainty should be a warning sign to sit tight.

Cancer Don't mix emotions and money. If you must make a decision regarding health, try not to be objective. An opportunity will only turn out well if you are moderate.

Leo Make the most of your day. Your energetic approach to relationships and physical challenges will change the way you do things. Motivation and perseverance are highlighted.

Virgo Keep moving and don't stop until you have taken care of all your responsibilities. Neglecting something important will not bode well with someone depending on you.

Libra Make personal adjustments that will boost your confidence and make you feel great. A promising offer will be made because of the way you present your skills.

Scorpio Learn all you can from people who have more experience or knowledge about something that interests you. What you discover will make a difference to your future.

Sagittarius An opportunity you are given should be looked at cautiously. Don't feel pressured to make a hasty move. A snap decision will lead to regret.

Capricorn Partnerships will disappoint you if you are too quick to agree or follow someone who decides to make a last-minute change. Stand alone, if necessary.

Aquarius An unexpected turn of events should be handled cautiously. Keep your personal information a secret. Double-check any information you receive.

Pisces Discuss your ideas and intentions. Sharing with others will help you gain support and the help you need to follow through. EUGENIA LAST

Yesterday's answers

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C	O	M	P	E	N	D	I	U	M	■	L	U	C	Y
K	E	A	■	E	K	E	■	S	A	B	L	E	S	■
■	■	■	F	R	E	R	E	■	G	O	A	■	■	■
R	E	P	A	I	D	■	S	H	I	N	D	I	G	■
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